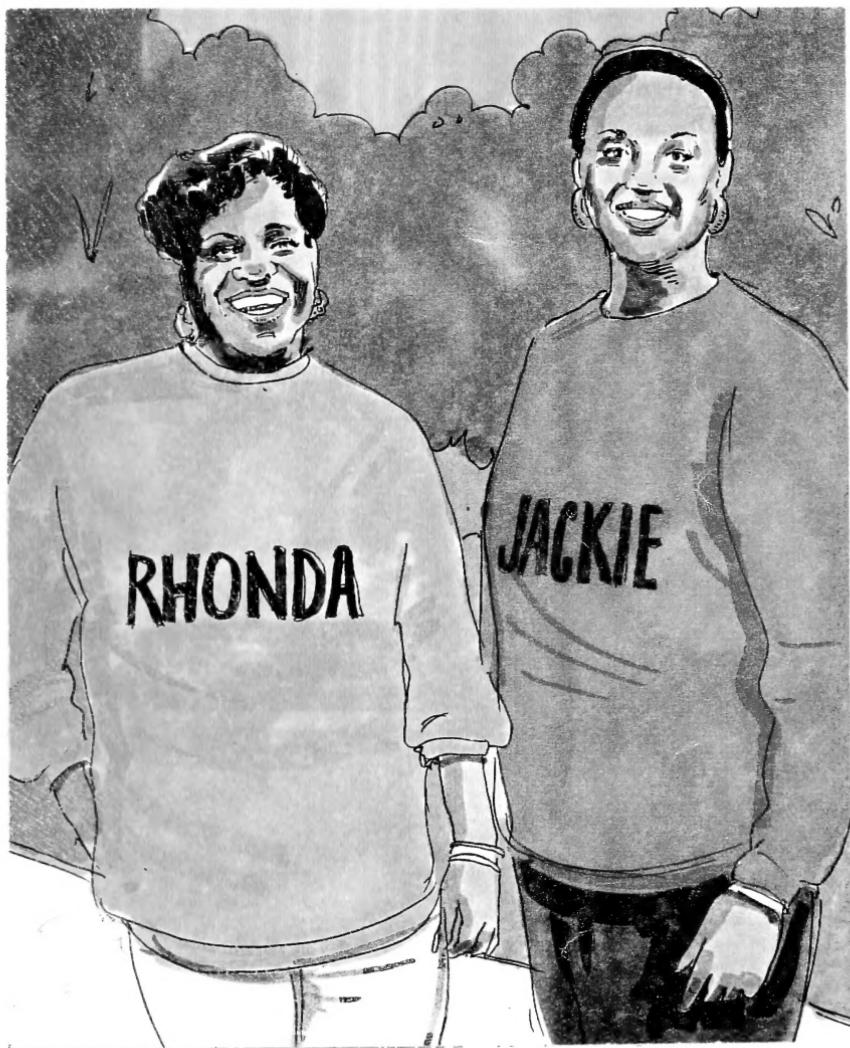


# Your Best Body



**A story about losing weight**



*This is the story of two women, Jackie and Rhonda, and how they are losing weight.*



*What makes this story worth reading is that you can learn about ways to lose weight.*

*As you read what Jackie and Rhonda have to say, you will answer questions for yourself. The story has four parts:*

<b>Chapter 1</b> <b>Why Rhonda wants to lose weight .....</b>	<b>Page 2</b>
<b>Chapter 2</b> <b>Jackie wants to wear a size 16 again .....</b>	<b>Page 6</b>
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<b>Chapter 4</b> <b>Rhonda eats less fat .....</b>	<b>Page 14</b>

## Chapter 1

# Rhonda wants to lose weight



**Rhonda:** Jackie, I'm so tired of being heavy.

**Jackie:** What's wrong?

**Rhonda:**

The dress I just bought for my niece's wedding is too tight now. I tried that dress on two weeks ago and it was fine. Nothing fits me. I am tired all the time. I don't mind being large, but this has got to stop.

**Jackie:**

Why don't we get together later? I have a couple of outfits you could try on. Besides, I asked my doctor about losing weight. Diets just don't work for me. I'm trying something else and it's really working. Maybe you can use my ideas to lose weight.

*Get a pencil. And answer the questions below.*

**Stand up tall; don't bend.  
Does your stomach hide your toes?**

yes       no

**Is your waist bigger than your hips?**

yes       no

**If you said yes, you have extra fat and that's not healthy.**



# Later

**Rhonda:** OK. You said you were trying something new to lose weight. Tell me all about it.

**Jackie:** Well, you know how many crazy diets we went on. None of them worked.



**Rhonda:** Yes, indeed. We tried grapefruit, breakfast bars, and diet shakes.

**Jackie:** And those diet pills. I wasted a lot of money on them.

**Rhonda:** So what are you doing this time?

**Jackie:** I walk more. And I eat more fruits and vegetables and less fat. It doesn't cost money because I don't buy a lot of special food. I am losing weight. My clothes fit me better. I feel better. It's not magic and it's not easy, but it's working.

**Rhonda:** More fruits and vegetables and less fat! And you walk more! It's easy to say but hard to do.

**Jackie:** If you make up your mind, you can do it too. Why don't you try it with me?

**Rhonda:** OK. Let's work together!



## Chapter 2

# Jackie Wants To Wear A Size 16 Again



**Rhonda:** You have been big a long time. Why did you decide to lose weight now?

**Jackie:** I knew I had to do something. My feet hurt; my clothes were too tight. I was always out of breath and tired.

I talked to my doctor and we worked out a simple plan. First, I had to decide how much weight to lose.

**Rhonda:** How much weight are you trying to lose?

**Jackie:** I felt good when I could wear a size 16 dress and I was about 170 pounds then. So 170 pounds is my goal.

**Rhonda:** Girl...is that all you want to lose? Size 16 isn't small.

**Jackie:** I know. I am not a small person. No one in my family is small. You have to lose what makes sense to you and lose it slowly.



**Rhonda:** Maybe. I'll try losing weight with you.

**Jackie:** Great. It will be fun to do it together.

**Rhonda:** Tell me some of your tips. How did you get started?

**Jackie:** Here are some of the things that worked for me.

*Get a pencil. And answer the questions below.*

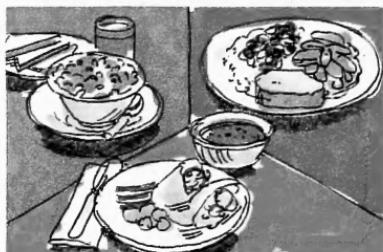
How much do you weigh now?

What would you like to weigh?

What size pants would you like to wear?

What size dress would you like to wear?

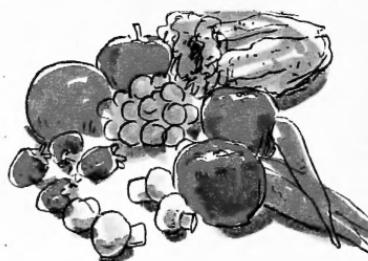
## Getting Started



**Eat three meals a day. Don't starve yourself and then stuff. It won't work.**



**Throw away your grease can. Don't eat bacon grease and other meat fat.**



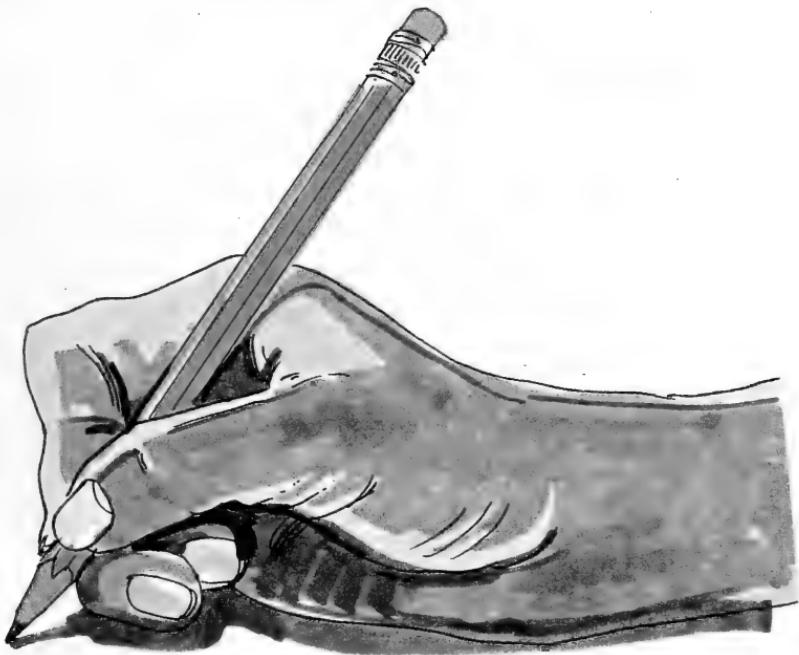
**Cut down on the number of cakes and cookies you buy. Spend that money on fresh fruits and vegetables on sale.**



**Take the stairs, and walk every time you can. It really helps to lose weight if you are more active.**



**Call a friend or take a walk instead of eating. Don't eat because you are bored, upset, or lonely.**



## *Do you need to lose weight?*

yes       no

### *Check which tips you can try first:*

- Eat 3 meals a day; don't skip meals.
- Throw away your grease can.
- Eat more fruits and vegetables.
- Walk or climb stairs every time you can.
- Take a walk or call a friend instead of eating.

## Chapter 3

# Jackie Shares Some Tips



**Rhonda:** You're looking good.

**Jackie:** I'm losing weight. I have lost 8 pounds this month.

**Rhonda:** I can tell. Your pants look a little big on you. How do you do it?

**Jackie:** First, I don't skip meals. I eat breakfast, lunch, dinner, and only healthy snacks.

*Losing weight takes time.*

*Go slowly.*

*Lose one or two pounds a week.*

**Jackie:** You know I never used to eat breakfast and hardly any lunch. As soon as I got home from work I started eating... and never stopped all night!

**Rhonda:** I know that story all right!

**Jackie:** But now, I eat three meals a day.



### Eat breakfast.

- orange juice
- grits with raisins
- bran muffins
- banana



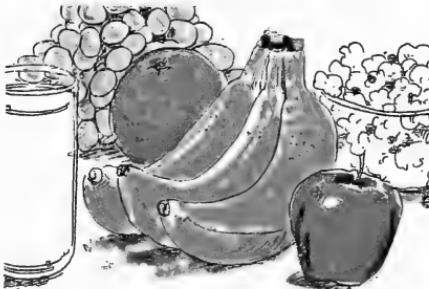
### Eat lunch.

- tuna salad sandwich on whole wheat bread with tomato
- apple
- vegetable soup



### Eat dinner.

- beans and rice
- collard greens
- corn bread
- fruit cobbler



### Eat healthy snacks.

- milk
- grapes
- orange
- apple
- popcorn
- bananas



**Jackie:** Next, I stopped eating so much. I don't pile the food on my plate. I take only one helping. The best part is I don't make special food just for me. I eat what my family eats.

*Get a pencil. Check these boxes.*

**Do you eat in the morning?**

yes       no

**Do you eat lunch?**

yes       no

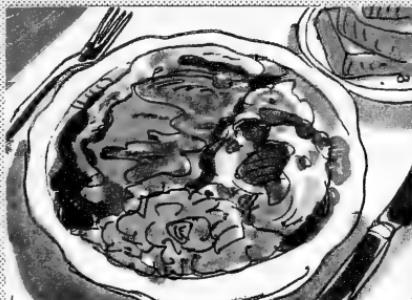
**Do you eat in the evening?**

yes       no

**Do you eat healthy snacks?**

yes       no

Does your plate look like this?  yes  no



Too Much

Does your plate look like this?  yes  no



Better

**Rhonda:** Hummm...Eat three meals a day. Don't pile the food up on your plate, and no extra helpings. Anything else that helps?

**Jackie:** Yes, I drink a lot of water. It sort of fills me up and the doctor said drink water every day.

*How many glasses of water do you drink each day?  
Try to drink at least 6 glasses of water each day.*

# Rhonda Eats Less Fat



**Jackie:** Hey, Rhonda. How are you doing?

**Rhonda:** OK, I guess. I am trying to lose weight the way we talked about. But girl, it is hard!

**Jackie:** You have to go slowly. Don't change everything at the same time.

**Rhonda:** I am not trying to change too many things.



**Rhonda:** I take only one spoonful of gravy or salad dressing.

And I'm not having any fried foods. I bake everything now. I haven't used my oven so much in years.

I do miss those fried foods. This is not easy.



**Jackie:** I know it's hard. We are used to a lot of fried food. After a while, you lose your taste for all that grease. You won't even want to eat it.

*Get your pencil out and answer.*

Do you eat fried food more than once a week?

yes       no

Do you eat chicken skin?

yes       no

If you said yes, you are eating too much fat.



**Jackie:** Say, look what I found - a cookbook with soul food.

**Rhonda:** Let's see. I thought soul food was bad for us.

**Jackie:** No, look. Soul food is healthy food - greens, chicken, sweet potatoes, corn bread. It's the added grease that puts too much fat on us.

### *Low Fat Soul Food Cooking Tips:*

- Cook greens with fresh turkey parts without skin, not lard or fat back.
- Mash sweet potatoes with orange juice and cinnamon. Leave out the butter.
- For biscuits, use corn oil and skim milk, instead of lard and regular milk.
- Make macaroni and cheese with skim milk and low fat cheese.
- For crispy fish, roll in cornmeal. For crispy chicken, remove the skin, then roll in bread crumbs. Bake instead of fry.

## Later



**Rhonda:** I tried some of those soul food cooking tips. They are good. You and I have really changed the way we cook.

**Jackie:** Yes, and don't we look good. I feel great, too.

*Will you join Jackie and Rhonda  
and lose weight?*

*Come on with us. Eat less fat. Walk more.  
You can have your best body, too!*

Name \_\_\_\_\_









**Black American  
"Your Best Body" Booklet  
Reading Grade Level: 1  
Dimensions: 5.5" x 8.5"**

**NATIONAL  
CANCER  
INSTITUTE**